



AMPM RESTAURANT
ALLERGEN TABLE - SPRING - SUMMER 2023

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ALLERGEN TABLE















Our dish descriptions don't always mention every single ingredient, so just ask if you're unsure.

Please inform one of our team of your specific allergy or dietary requirement when ordering, even if you have eaten the dish previously.

Our suppliers and kitchens handle numerous ingredients and allergens. Whilst we have strict controls in place to reduce the risk of contamination, unfortunately it is not possible for us to guarantee that our dishes will be 100% allergen or contamination free.

Please note that allergens contained within our condiments & extra toppings are not included in this information.

The parmesan offered at your table contains milk and egg and will alter the suitability of your dish.

DESSERTS	
CELERY 1 	This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes
CEREALS WITH GLUTEN 2 	Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.
CRUSTACEAN 3 	Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often found in Thai and south-east Asian curries or salads, is an ingredient to look out for
EGGS 4 	Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.
FISH 5 	You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.
LUPIN 6 	Yes, luin is a flower, but it's also found in flour. Lupin flour and seeds can be used in some types of breads, pastries and even in pasta.
MILK 7 	Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed wih milk, and in powdered soups and sauces.
MOLLUSCS 8 	These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews
MUSTARD 9 	Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.
NUTS 10 	Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.
PEANUTS 11 	Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.
SESAME 12 	These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.
SOY BEANS 13 	Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.
SULPHUR DIOXIDE / SULPHITES 14 	This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.
FOOTER COMMENTS	

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SMALL PLATES																	
	CELERY 1	CEREALS WITH GLUTEN 2	CRUSTACEAN 3	EGGS 4	FISH 5	LUPIN 6	MILK 7	MOLLUSCS 8	MUSTARD 9	NUTS 10	PEANUTS 11	SESAME 12	SOY BEANS 13	SULPHUR DIOXIDE / SULPHITES 14	IS THIS ITEM SUITABLE FOR?		
															VEGETARIAN Ⓟ	VEGANS Ⓟ	COMMENTS
Peri Peri Prawns		✓	✓				✓										
Meatballs		✓					✓										
Tomato Bruschetta		✓													✓	✓	
Antipasti							✓								✓		
Sald & Chilli Squid			✓	✓			✓										
Chicken Caesar Bite				✓	✓		✓										
Panko goats cheese		✓		✓			✓										
FOOTER COMMENTS																	

STARTERS, LITE BITES, SHARING																	
	CELERY 1	CEREALS WITH GLUTEN 2	CRUSTACEAN 3	EGGS 4	FISH 5	LUPIN 6	MILK 7	MOLLUSCS 8	MUSTARD 9	NUTS 10	PEANUTS 11	SESAME 12	SOY BEANS 13	SULPHUR DIOXIDE / SULPHITES 14	IS THIS ITEM SUITABLE FOR?		
															VEGETARIAN Ⓟ	VEGANS Ⓟ	COMMENTS
Soup		✓					✓			✓							
Goats Cheese & Pear Crostini		✓					✓								✓		
Smoked Salmon Salad				✓	✓		✓										
Mussels		✓					✓	✓									
Wings							✓					✓					
Bohemian Chicken Strips																	
Charcuterie		✓					✓										
Veggie Platter		✓					✓								✓		
FOOTER COMMENTS																	

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MAIN-COURSE DISHES																	
	CELERY 1	CEREALS WITH GLUTEN 2	CRUSTACEAN 3	EGGS 4	FISH 5	LUPIN 6	MILK 7	MOLLUSCS 8	MUSTARD 9	NUTS 10	PEANUTS 11	SESAME 12	SOY BEANS 13	SULPHUR DIOXIDE / SULPHITES 14	IS THIS ITEM SUITABLE FOR?		
															VEGETARIAN Ⓟ	VEGANS Ⓟ	COMMENTS
10oz Dry Aged Sirloin							✓							✓			
Bohemian club sandwich		✓		✓					✓								
Dirty prawn rice bowl			✓								✓	✓					
Cuban Sandwich		✓		✓													
Citrus infused chicken salad		✓					✓										
Bohemian burger		✓		✓			✓										
Chicken Massaman Curry											✓						
Risotto							✓			✓					✓		
Roast Chicken Supreme		✓					✓										
Herb Crusted Cod		✓			✓		✓							✓			
Duck 2 Ways		✓		✓			✓							✓			
Slow cooked Daube of Beef		✓					✓							✓			
FOOTER COMMENTS																	

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SIDE DISHES																	
	CELERY 1	CEREALS WITH GLUTEN 2	CRUSTACEAN 3	EGGS 4	FISH 5	LUPIN 6	MILK 7	MOLLUSCS 8	MUSTARD 9	NUTS 10	PEANUTS 11	SESAME 12	SOY BEANS 13	SULPHUR DIOXIDE / SULPHITES 14	IS THIS ITEM SUITABLE FOR?		
															VEGETARIAN Ⓟ	VEGANS Ⓟ	COMMENTS
Curly Fries															✓	✓	
Skinny Fries															✓	✓	
Seasonal Greens							✓								✓		
Million Dollar Fries		✓					✓										
Champ							✓								✓		
Seasonal Greens							✓								✓		
Tossed Salad									✓						✓	✓	
Hand Cut Chips															✓	✓	
Duck Macaroni		✓		✓			✓										
FOOTER COMMENTS																	

DESSERTS																	
	CELERY 1	CEREALS WITH GLUTEN 2	CRUSTACEAN 3	EGGS 4	FISH 5	LUPIN 6	MILK 7	MOLLUSCS 8	MUSTARD 9	NUTS 10	PEANUTS 11	SESAME 12	SOY BEANS 13	SULPHUR DIOXIDE / SULPHITES 14	IS THIS ITEM SUITABLE FOR?		
															VEGETARIAN Ⓟ	VEGANS Ⓟ	COMMENTS
Chocolate & salted caramel brownie		✓		✓			✓								✓		
Strawberry and champagne panna cotta		✓		✓			✓								✓		
Sticky toffee pudding		✓		✓			✓								✓		
Rhubarb Bakewell tart		✓		✓			✓			✓					✓		
Cheese board		✓					✓							✓	✓		
FOOTER COMMENTS																	

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CHILDRENS MENU																	
	CELERY 1	CEREALS WITH GLUTEN 2	CRUSTACEAN 3	EGGS 4	FISH 5	LUPIN 6	MILK 7	MOLLUSCS 8	MUSTARD 9	NUTS 10	PEANUTS 11	SESAME 12	SOY BEANS 13	SULPHUR DIOXIDE / SULPHITES 14	IS THIS ITEM SUITABLE FOR?		
															VEGETARIAN Ⓟ	VEGANS Ⓟ	COMMENTS
Burger with cheddar cheese		✓		✓			✓										
Chicken tenders with baked beans																	
Kids roast chicken							✓										
Macaroni and cheese		✓		✓			✓										
Kids meatball pasta		✓		✓			✓										
Garlic bread		✓					✓								✓		
Ice cream		✓		✓			✓								✓		
Kids chocolate brownie		✓		✓			✓								✓		
FOOTER COMMENTS																	

VEGAN MENU																	
	CELERY 1	CEREALS WITH GLUTEN 2	CRUSTACEAN 3	EGGS 4	FISH 5	LUPIN 6	MILK 7	MOLLUSCS 8	MUSTARD 9	NUTS 10	PEANUTS 11	SESAME 12	SOY BEANS 13	SULPHUR DIOXIDE / SULPHITES 14	IS THIS ITEM SUITABLE FOR?		
															VEGETARIAN Ⓟ	VEGANS Ⓟ	COMMENTS
Fauxhemian Chicken															✓	✓	
Tomato Bruschetta		✓													✓	✓	
Roasted Pear & Pecan Salad		✓								✓					✓	✓	
Vegan Massaman Curry											✓	✓			✓	✓	
Beetroot & Spinach Risotto										✓					✓	✓	
Vegan Burger		✓								✓					✓	✓	
Super Salad															✓	✓	
Raspberry Frangipane Tart										✓					✓	✓	
FOOTER COMMENTS																	

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THE TREEHOUSE GRILL MENU																	
	CELERY 1	CEREALS WITH GLUTEN 2	CRUSTACEAN 3	EGGS 4	FISH 5	LUPIN 6	MILK 7	MOLLUSCS 8	MUSTARD 9	NUTS 10	PEANUTS 11	SESAME 12	SOY BEANS 13	SULPHUR DIOXIDE / SULPHITES 14	IS THIS ITEM SUITABLE FOR?		
															VEGETARIAN Ⓟ	VEGANS Ⓟ	COMMENTS
Bohemian chicken Strips																	
Goats Cheese & Pear Crostini		✓					✓			✓					✓		
Smoked Salmon Salad				✓	✓		✓										
Macaroni and Cheese		✓		✓			✓								✓		
Mussels		✓					✓	✓									
Wings							✓					✓					
Bohemian burger		✓		✓			✓										
Smokey BBQ		✓		✓			✓										
Treehouse hot		✓		✓			✓										
Vegan burger										✓					✓	✓	
Peri Peri chicken		✓		✓			✓										
Treehouse Chicken salad		✓					✓										
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